



State of Nevada

Department of Administration

Peak Performance

Risk Management Division

Volume 2011 – 4

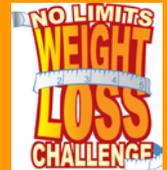
Oct/Nov/Dec 2011

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Congratulations!!

The first-ever, Nevada Weight Loss Challenge directed by the Health and Wellness Coordinator, Marci Schmiede, was a great success and concluded with many fantastic surprises!



The 12 week competition included an initial weigh in and girth measurements with a participation cost of either \$10 or \$20. The weigh ins continued weekly and bi-weekly with missed weigh ins at a cost of \$1. With a limited 12 weeks or even shorter for P&P Reno, the weight and inches Challenge was even that more impressive with a short 3 month competition. The Winners with the largest percentage of weigh lost, won 80% of the pot, 2nd and 3rd place winners won the remainder of the “pot,” a Nevada No Limits T-shirt and shiny, new, Winner’s Trophy, sponsored by Willis.

In an outstanding results finale Nevada Lost 336 pounds and is now over 400 inches smaller. Not only did the winners walk away with new self-esteem, smaller clothes sizes, increased motivation to continue with their weight loss but a pocket-full of cash and prizes. **AND THE WINNERS ARE.....**

DPS Headquarters; Kim McKew 1st place, Joni Brandt in 2nd place and Julie Johnson in 3rd place.

DPS Academy; Michael Mangiancini 1st place, Barbara Stapleton in 2nd place and James Pazos and Anthony Cholke tied for 3rd place.

P&P Carson City; Pat Kelly 1st place, Su Sieber in 2nd place and Ginny Wood in 3rd place.

P&P Reno; James Gurley 1st place, Karen Hall in 2nd place and Claudia Stieber in 3rd place.

How did these winners do it? How could they lose so much weight?

DPS Academy

Mike Mangiaracina lost 20 pounds by really changing his diet and being consistent with working out. Not only was he the “Nevada No Limits” winner from DPS Academy but he has also been consistently winning the “Biggest User” award from Anytime Fitness.

DPS Headquarters

Kim McKew owes her success to the Prism diet when she removed refined white flour, sugar, added more healthy protein, more snacks and increased her water intake. But what motivated her? “I am going to be 50 in two years and I have grandchildren. When I get to retire I want to be healthy and active, not sitting watching life go by me. So it’s time.”

P&P Carson

Pat Kelly and Su Sieber with a combined weight loss of 45 pounds stated that the Challenge provided: 1. Awareness of how they were eating and 2. Adding exercise by doing push ups and squats at their desk before work or a quick walk at lunch added that extra help to lose the weight.

KEEP WATCHING FOR UPCOMING CHALLENGES!!!

BACK BY POPULAR DEMAND!

RISK MANAGEMENT AND DEPARTMENT OF PUBLIC SAFETY

Are pleased to present the following course:

Emotional Survival for Law Enforcement

The course, Emotional Survival for Law Enforcement, is presented by Kevin M. Gilmartin, Ph.D., author of the book by the same title. The course addresses the dynamics that can transform within a matter of a few years, idealistic and committed officers/employees into cynical, angry individuals who begin having difficulties in both the personal and professional aspects of their lives. The purpose of the course is to minimize or avoid the difficulties that destroy law enforcement careers, personal lives and families. The course outlines the issues that can potentially see employees who have experienced first destruction of their personal lives begin engaging in inappropriate behavior patterns and decision-making that leads to both administrative and can unfortunately in some personnel, criminal difficulties. The purpose of the class is to provide information that lets the officer/employee see how the deterioration process can take place and what specific preventative strategies can be employed. The overall goal of the course is to provide information that lets law enforcement professionals develop successful personal and professional lives.

About Dr. Kevin M. Gilmartin

Dr. Gilmartin is a behavioral sciences consultant specializing in law enforcement. He formerly spent twenty years in law enforcement in Arizona. During his tenure, he supervised the agency Hostage Negotiations Team and the Behavioral Sciences Unit. He is a former recipient of an IACP Parade Magazine Special Citation Award for contributions during hostage negotiations. He is an instructor at the FBI Academy and the DEA Academy in Quantico, Virginia. He is a veteran of the U.S. Marine Corps and resides in Portland, Oregon, and Tucson, Arizona.

DATE

WEDNESDAY, JANUARY 11, 2012

TIME

0800-1700, lunch will be provided

LOCATION

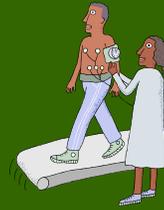
SOUTHERN COMMAND
NEVADA HIGHWAY PATROL
4615 WEST SUNSET ROAD, LAS VEGAS
ROOM A-105

CONTACT: CAROL DERFOLDI

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(702)432-5138 phone

Registration is through NEATS and is limited to the first 50 participants. However, should there be a greater demand the venue will be moved to accommodate. For employees outside of DPS, please contact Carol to be added manually. Lunch provided courtesy of Orgill Singer.

What is a MET anyway



One MET, or metabolic equivalent, represents an average person's resting metabolism or oxygen uptake. As you go through your daily life, most tasks require an energy expenditure that is less than three times resting level, or three METs. METs offer a quick screening measure in evaluating your cardiovascular fitness: A way for you to keep tabs on how much intensity you're bringing to your workout.

Once police officers or firefighters begin having an annual physical they will be required to participate in a Stress EKG. A baseline of 10.1 METs at Stage 3 must be achieved to consistently evaluate the employee's cardiovascular status. It has been determined that the peak physical demands of a police officer or fireman's job duties require between 14 to 16 METs for effective performance. Employees are encouraged to achieve a maximum/safe MET level, not just stop when the 10.1 has been achieved.

Employees that achieve 16 METs or higher receive a water bottle from ARC indicating they are a Peak Performer. They will be mentioned in the Peak Performance newsletter and receive a certificate acknowledging their outstanding accomplishment.

You can estimate your intensity by the activity. For example, walking a 20-minute mile on flat ground is equivalent to 3.5 METs; walking a 12-minute mile is 8 METs.

The chart below is used at the time of your annual physical and has a breakdown up to Stage 7 reaching 19.1 METs. What MET level will you reach this year?

Stage	Minutes	% grade	MPH	METS
1	3	10	1.7	4.7
2	6	12	2.5	7.0
3	9	14	3.4	10.1
4	12	16	4.2	12.9
5	15	18	5.0	15.0
6	18	20	5.5	16.9
7	21	22	6.0	19.1

7 Easy ways to Lighten Up Your Snacks

- KICK IT UP.** Swap that handful of tortilla chips and salsa. The tomatoes in the salsa pack vitamins A and C for relatively few calories, and the pita chips have more protein and half the saturated fat of tortilla chips. Calories Saved: 130
- SKIP THE WHIP.** Like a cool afternoon pick-me-up drink? Skip the whipped cream on top of your tall, blended iced-coffee drink and you'll save big. Keep that sweetness on top with a light sprinkle of vanilla or chocolate powder. Calories Saved: 90
- GREEN UP YOUR SMOOTHIE.** Even though smoothies have a lot of good-for-you ingredients, they're often packed with tons of calories. Try blending in zero-calorie green tea rather than the usual low-fat milk. (Bonus: You'll get a little caffeine jolt.) Calories Saved: 105
- PICK FRUIT POPS.** If you want a cold treat, choose all-fruit frozen pops instead of the sugar-added variety. The 100 percent ones (try coconut, mango, or pomegranate) will taste yummier, anyway, because they won't have any of that sticky-sweet aftertaste. Calories saved: 85
- TURN UP THE HEAT.** Dust some cayenne powder on high-cal sides like potato salad, and you'll eat less. According to recent research, the spice boosts flavor and actually curbs your appetite-a win-win. Calories saved: 179
- TRY THIS CHEAT.** Instead of serving pigs in a blanket, wrap thinly sliced prosciutto around bite-size pieces of cantaloupe and secure with a toothpick. You'll cut carbs, have a leaner cut, and hit nearly all your daily vitamin A and C needs. Plus, it's a delicious snack! Calories saved: 194

PEAK PERFORMERS

EMPLOYEE	AGENCY	MET LEVEL	EMPLOYEE	AGENCY	MET LEVEL
PIRTLE, MICHAEL	DMV	16.2	ATHERTON, RICHARD	NDOC	21
ESCUTIA, ADOLFO	NDOC	16.9	HALVERSON, TY	NDOC	16.9
HANSKI, JASON	NDOC	19.2	MITCHELL, JAMES	NDOC	16.9
PAPKE, ED	NDOC	16.9	RADKE, TERESA	NDOC	16.9
SALISPARA, ARTEMIO	NDOC	16.9	JACKSON, JASON	NDOW	16.9
KLEBENOW, DONALD	NDOW	16.9	MASLACH, JOE	NDOW	16.9
SHOARS, BRENDAN	NDOW	16.9	BOYCE, AARON	NDF	16.2
BOYNTON, ED	NDF	20.1	CORBIT, DAVID	NDF	16.9
HOLT, ERIC	NDF	17.6	ISERNHAGEN, AUGUST	NDF	16.9
NELSON, TYSON	NDF	17.6	SANBORN, SLADE	NDF	21
SHANE, RYAN	NDF	16.9	BLUTH, CHARLES	NDI	16.9
BRYANT, KELLY	NDI	16.9	GERRARD, CAESAR	NDI	16.4
RASOR, ANDRE	NDI	24	BAILEY, NORMAN	NHP	16.9
BAINTER, WILLIAM	NHP	16.9	BARNEY, KELLY	NHP	16.9
BOWERS, EDDIE	NHP	16.9	CARPENTER, ANNE	NHP	16.9
COMBA, MIKE	NHP	16.9	CRISP, ANTHONY	NHP	16.9
DAVIDSON, MICHAEL	NHP	19.6	DIAMOND, MICHAEL	NHP	16.4
DORFF, JOHN	NHP	18.2	ELLISON, TODD	NHP	17
GAGNON, JEAN	NHP	16.2	GOCKE, MICHAEL	NHP	16.9
GRAYSON, JAMES	NHP	17	HARKLEROAD, BLAIR	NHP	17.7
HIGGINS, THOMAS	NHP	17.7	KASSEBAUM, DOUGLAS	NHP	16.9
KEMMER, ERIC	NHP	16.9	MARCO, RUSSELL	NHP	16.4
MARIN, CRUZ	NHP	16.9	MCAFFEE, ANDY	NHP	16.9
ONORATO, PETER	NHP	17.2	PERRY, CHRISTOPHER	NHP	18.5
PROSSER, WAYNE	NHP	16.9	RIVERA, CARLOS	NHP	17.8
SINES, ROBERT	NHP	16.9	SOLOW, DANIEL	NHP	19.2
STUENKEL, SCOTT	NHP	16.9	TIMM, MICHAEL	NHP	19.2
URSO, THOMAS	NHP	16.9	GONZALES, GARRETT	OOTM	16.9
SMITH, LAWRENCE	OOTM	17.5	WINCHESTER, WILLIAM	OOTM	18.8
ADRIAN, JENA	P&P	23	AGHAJANI, ARPA	P&P	16.9
ARMSTRONG, GREG	P&P	20.7	BILLICH, JONI	P&P	16.9
FLOREZ, EMETERIO	P&P	19.5	O'ROURKE, STEPHANIE	P&P	16.9
PAGE, ADAM	P&P	19.2	RICHARDS, ERNEST	P&P	16.9
SMITH, MARK	P&P	20.8	STEWART, KYLE	P&P	16.9
VELA, LAURIE	P&P	16.2			

ARC welcomes a new physician Alina D. Garcia, MD



Alina Garcia is board certified in Family Practice and specializes in preventative medicine. A graduate of the University of Illinois in Chicago, Dr. Garcia completed her family practice residency at the prestigious Lutheran General Hospital in Park Ridge, Illinois. She has extensive experience in treating patients with Chronic Fatigue Immune Deficiency Syndrome and Fibromyalgia. In addition to her extensive experience in family practice, Dr. Garcia has worked with numerous celebrities and athletes including Cirque du Soleil to develop screening, rehabilitation and prevention programs utilizing an integrative medical approach. She has been voted as one of Las Vegas' Top Physicians, and Top Thyroid Doctor in Nevada.

ARC has moved!

ARC has moved to a new location in Las Vegas effective October 3, 2011. The new address is 2500 West Sahara Avenue, Suite 100, Las Vegas, Nevada 89102. Meri Pruitt is the concierge and the phone number for the office is (702) 221-0190.



EMPLOYEES MAKING SUBSTANTIAL HEALTH IMPROVEMENTS

EMPLOYEE	AGENCY	EMPLOYEE	AGENCY	EMPLOYEE	AGENCY
ARRINGTON, SARAH	DMV	BYERS, ALLEN	DMV	PARDINI, TODD	DMV
ROGERS, GORDON	DMV	ALLEN, BRANDON	NDOC	ANDERSON, LEROY	NDOC
ARNOLD, CARL	NDOC	BARTLETT, FREDDIE	NDOC	BATTRICK, WILLIAM	NDOC
BEQUETTE, DAVID	NDOC	BLOOMFIELD, JAMES	NDOC	BOARDMAN, ERIC	NDOC
BRADY, JAMES	NDOC	BRANHAM, JEREMY	NDOC	BRANHAM, STACY	NDOC
BRYANT, RONALD	NDOC	BUTLER, JAMES	NDOC	CARRETTE, RONALD	NDOC
CARILLO, JOSE	NDOC	CASTILLO, REX	NDOC	CASTRO, JAVIER	NDOC
CHAPMAN, SAMUEL	NDOC	CLARK, DAN	NDOC	COBLE, ROBERT	NDOC
COLEMAN, CHARLES	NDOC	COX, JESSE	NDOC	CRINER, JANET	NDOC
CROSSMAN, MICHAEL	NDOC	DEEDS, TERRANCE	NDOC	EREKSON, JACKIE	NDOC
FILSON, TIMOTHY	NDOC	FREDSTROM, SHON	NDOC	GARVIN, RUSSELL	NDOC
GATLIN, DAVID	NDOC	HALL, SHIRLEY	NDOC	HARALSON, VANESSA	NDOC
HARDY, JACKSON	NDOC	HERRERA, MARK	NDOC	HILL, JOHNNIE	NDOC
HILL, TERRY	NDOC	HOMAN, DAVID	NDOC	HORNER, TIMOTHY	NDOC
HUSSEY, LANCE	NDOC	JOHNSON, RICHARD	NDOC	LESTER, JAMES	NDOC
LITTLE, DANIEL	NDOC	LUDWIG, ED	NDOC	LUIS, ADAM	NDOC
LUSTER, MELVIN	NDOC	MARCUM, ROBERT	NDOC	MARSHALL, RANDY	NDOC
MASON, ED	NDOC	MELTON, JERIMIAH	NDOC	OWENS, ROBERT	NDOC
PATANE, NORMAN	NDOC	PETERSON, CALVIN	NDOC	PFLEGER, DAVID	NDOC
PIERCE, LANCE	NDOC	POLACK, KEN	NDOC	RADFORD, WES	NDOC
RICE, JAMES	NDOC	ROBERTS, JOE	NDOC	ROBINSON, REGINALD	NDOC
ROPER, ARTIE	NDOC	ROTH, NEIL	NDOC	SANCHEZ, ADALBERTO	NDOC
SCOTT, VINSON	NDOC	SHOREY, ERIC	NDOC	SIMS, PAUL	NDOC
STANKUS, ADOLPH	NDOC	STEPHEY, LOREN	NDOC	TERANCE, ROGER	NDOC
TRUESDELL, RICHARD	NDOC	WALDO, RONALD	NDOC	WASHINGTON, MICHAEL	NDOC
WATKINS, CARL	NDOC	WELSCH, BRUCE	NDOC	WILLIAMS, ERIC	NDOC
WOODARD, ROGER	NDOC	ZIMMER, ALAN	NDOC	SWISHER, JOHN	NDOW
VARBLE, DYKE	NDOW	ADAMS, GERALD	LAKES XING	HENNIG, JOE	LAKES XING
TOBEY, MICHAEL	LAKES XING	WATSON, JERRY	LAKES XING	HUNT, JAMES	NDF
MANLY, DARIN	NDF	AYALA-ZAPATA, LUIS	NHP	BAUGHMAN, ROY	NHP
FOX, MARK	NHP	GRIGG, MICHAEL	NHP	HOLLISTER, ANTHONY	NHP
JOHNSON, GREG	NHP	MALDONALDO, LUIS	NHP	MANGIARACINA, MIKE	NHP
NAYLOR, CHARLES	NHP	SIMON, MICHAEL	NHP	STEPIEN, ROBERT	NHP
URSO, THOMAS	NHP	BRADSHAW, KEN	P&P	HARKER, BRIAN	P&P
HIBBS, MATTHEW	P&P	PADDY, JOHN	P&P	SONNER, DAVID	P&P
STEIBER, CLAUDIA	P&P				



Spring Challenge

The first week of May started the Spring Training Challenge. It was a workout challenge that lasted 6 weeks. The participants were to follow a diagram of a baseball field starting at the Pitcher's mound than proceeding to the bases. Each position had a certain exercise that had to be completed at least 4 times during the week. The final challenge scored for the highest number of repetitions in the following categories within one minute: push ups, sit ups, squats and there was a "coordinators choice" which also allowed for a tie breaker. The winners were based on who completed the 6 week workout challenge and the scoring in the final challenge. The prize for the final competition was free Reno Aces or LV 51's baseball tickets.

Nevada Division of Forestry (NDF) and Parole and Probation (P&P) competed in the challenge. The winners from Nevada Division of Forestry: 1. Theresa Patrick 2. Kelly Munoz 3. Kacey KC. The winners from Parole and Probation: 1. Alyssa Howald 2. Heidi Poe 3. Steve Jackson.

Adam Summers from P&P said "Our Challenge was a success. We had 10 people participate and about ½ the office came out to root on those who did. It was a lot of fun."

We will continue to keep you informed on topics ranging from the Heart-Lung Program, to diet, exercise and nutritional advice. We're always looking for guest contributors to relate personal accomplishments and success stories. We encourage you to contact Mandy Payette at 201 S. Roop St., Ste 201 (775) 687-3194 or contact her by e-mail at mpayette@admin.nv.gov. You can also contact the State Health and Wellness Coordinator, Marci Schmeige, at (775) 323-1656 extension 23, or by email at Marci.schmeige@willis.com for a free individualized consultation in regard to addressing your risk factor(s) or request information on wellness and a heart-healthy lifestyle.